

Day 1

Breakfast: 1 cup of slow cooked, or steel cut oatmeal, measured after it has been cooked. Mix oatmeal with 1 tablespoon chopped or ground walnuts and ½ cup blueberries. Serve with ½ cup 1% cottage cheese.

Snack: ½ cup cooked edamame (green soy beans) or ¼ cup roasted soy nuts

Lunch: Large bowl of salad greens, such as romaine or baby spinach, topped with: 2 ounces turkey breast, ½ cup kidney beans (or black or pinto beans), 1 hard boiled egg (look for Egghand’s best or other high omega-3 eggs), ½ of a sliced red or orange pepper, 1 tablespoon olive oil with 2 tablespoon balsamic vinegar or red wine vinegar and ½ 6-inch toasted wheat pita pocket.

Snack: 1 tablespoon of almond butter or peanut butter with ½ of a sliced apple.

Dinner: 4-5 ounces grilled or baked salmon (wild salmon is preferred over farmed salmon) served with:

1 cup steamed broccoli topped with lemon juice and 1 tsp olive oil, ½ cup cooked barley, measure after cooking (cook according to package directions).

Day 2

Breakfast: 1 whole egg plus 2 egg whites, scrambled, and served on a slice of whole wheat (or gluten free) toast. 2 1-inch slices of cantaloupe or honeydew melon.

Snack: 15 almonds, ½ pear

Lunch: 1 can of tuna fish, packed in water, mixed with 1 tablespoon olive oil and 2 tablespoon lemon juice, served over a bed of romaine lettuce and sliced tomatoes. 1 toasted whole-wheat English muffin.

Snack: ½ cup plain low-fat yogurt or kefir with a chopped up green apple.

Dinner: 5 ounces boneless skinless chicken breast marinated in lemon juice and olive oil and then baked until cooked through. Serve with 1 small baked sweet potato, 1 cup Roasted Brussels sprouts, or other green vegetable of choice.

Day 3

Breakfast: 1 cup of plain, low-fat yogurt topped with 2 tablespoon chopped walnuts and ½ cup berries.

Green tea with fresh lemon.

Snack: 1 brown rice cake with 2 tablespoon hummus.

Lunch: 4 ounce turkey burger, or 2 soy-based veggie burgers, with 2 slices of avocado on a whole wheat (or gluten free) english muffin, ½ sliced cucumber, ½ sliced red bell pepper.

Snack: ½ cup low-fat cottage cheese with 1 tablespoon flax seeds and ½ of a chopped apple.

Dinner: Stir fry. Add 2 tsp of olive oil to a large non-stick skillet, and sauté the following ingredients: 4 ounces of cubed chicken breast OR firm tofu, 1 cup of broccoli florets, ½



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red bell pepper sliced and $\frac{1}{4}$ red onion sliced. When soft, add 1 tablespoon of soy sauce, 1 tablespoon of teriyaki sauce and any desired spices. Serve with $\frac{1}{2}$ cup cooked brown rice (measure after cooking).

Day 4

Breakfast: 2 egg omelet made with 1 whole egg and 1 egg white, 1 slice of 2% cheese. Serve with 1 slice of wheat toast and 1 cup of sliced melon.

Snack: 10 almonds with $\frac{1}{2}$ sliced apple.

Lunch: Chicken salad made with 3-4 ounces of white meat chicken, chopped celery, 1 tablespoon low-fat mayonnaise, and 1 tsp Dijon mustard. Serve over a bed of romaine lettuce and sliced tomatoes.

$\frac{1}{2}$ of a 6-inch whole wheat (or gluten free) pita.

Snack: Yogurt parfait made with $\frac{1}{2}$ cup plain, low-fat yogurt topped with $\frac{1}{4}$ cup blueberries, 1 tablespoon flax seeds OR 1 tablespoon slivered almonds.

Dinner: 5 ounce skinless chicken breast marinated in lemon juice, olive oil and garlic and then sautéed in a non-stick skillet until cooked through. Serve with 1 cup of steamed spinach, $\frac{1}{2}$ cup cooked barley and a green salad topped with $\frac{1}{3}$ of a sliced avocado and dressed with 1 tablespoon low-fat vinaigrette dressing.

Day 5

Breakfast: 1 cup of 2% cottage cheese mixed with 1 tablespoon of slivered almonds and $\frac{1}{2}$ cup fresh peaches. Serve with 1 slice of wheat toast.

Snack: 1 low-fat string cheese with 1 pear

Lunch: Open faced turkey sandwich on 1 sliced of whole wheat (or gluten free) bread and topped with 3 ounces sliced turkey, 2 slices of avocado, alfalfa sprouts and Dijon mustard. Use a large romaine lettuce leaf as the top half of the sandwich. Large green salad topped dressed with low-fat vinaigrette, if desired.

Snack: 1 cup low-fat plain yogurt with 2 tablespoon ground flax seeds

Dinner: 5 ounce lean center cut pork chop, baked with a thin coating of honey mustard, 1 whole grain dinner roll OR $\frac{1}{2}$ cup cooked brown rice and 1 cup steamed cauliflower. Eat with a large green salad, if desired, with low-fat vinaigrette dressing.

Day 6

Breakfast: 1 whole grain waffle toasted and topped with 1 cup fresh or frozen strawberries, $\frac{1}{2}$ cup low-fat plain yogurt mixed with 1 tablespoon slivered almonds

Snack: 3 tablespoon hummus with $\frac{1}{2}$ of a sliced red pepper

Lunch: Chicken Wrap: Fill a 6-inch whole-wheat tortilla with 3-4 ounces of pre-cooked chicken breast, $\frac{1}{3}$ of a sliced avocado, a handful of bean sprouts or alfalfa sprouts, lettuce, tomato and low-fat vinaigrette salad dressing.



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Snack: 25 pistachios nuts

Dinner: 5-6 ounce piece of flounder or cod (or other white flaky fish) topped with lemon juice, olive oil and dried or fresh herbs, such as rosemary or thyme. Bake at 400 for ~15 minutes until fish is cooked through and flakes easily with a fork. Serve with 1 baked potato with skin, ½ cup black beans, 10 asparagus spears—steamed or baked—and a green salad, if desired, with low-fat vinaigrette salad dressing.

Day 7

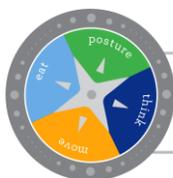
Breakfast: 1 cup of slow cooked, or steel cut oatmeal, measured after cooking. Mix oatmeal with 1 tablespoon chopped walnuts and ½ cup sliced peaches (fresh or frozen). ½ cup low-fat cottage cheese.

Snack: 1 kiwi fruit with 15 raw cashews

Lunch: 1 cup of black bean soup*, large green salad topped with 2 ounces of diced chicken breast and 2 tablespoon pine nuts. Dress with low-fat vinaigrette salad dressing.

Snack: 2 ounces of sliced turkey rolled with red pepper slices

Dinner: Sautee 5-6 ounces of scallops in 2 tsp olive oil, 2 tablespoon lemon and 1 chopped garlic clove. Cook until scallops are cooked through. Serve with 1 cup of steamed broccoli and 1 cup of quinoa (a high protein grain easily found in most supermarkets, cook according to package directions). If unable to find quinoa, substitute with brown rice.



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Black Bean Soup

Serves 10

1 lb dried black beans, soaked
4 quarts low sodium vegetable broth, or water
SACHET (place herbs in cheesecloth secured with twine)
2 bay leaves
½tsp dried thyme
10 peppercorns, cracked
1 tbsp olive oil
4 oz onion, diced
2 garlic cloves, minced
1 oz diced green chiles
1 tbsp jalapeño pepper, seeded and minced
1 tsp cumin, ground
1 tsp coriander, ground
1 tsp dried oregano
salt and pepper, to taste
lime wedges, as needed for garnish
cilantro, as needed for garnish

Combine the beans and broth or water in a medium stockpot and bring to a simmer. Add the sachet.

Sauté the onion, garlic and chiles in the oil. Add to the stockpot. Stir in the cumin, coriander and oregano.

Simmer the soup, uncovered, approximately 2-½ to 3-½ hours. The beans should be very soft, just beginning to fall apart. Add additional stock if necessary.

Purée about half of the soup, then stir it back into the remaining soup. Season to taste with salt and pepper.

Garnish with lime wedges and chopped cilantro.

Per Serving: 322 Calories; 9g Fat (1g sat); 11g Protein; 45g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1656mg Sodium.



Shopping List/Pantry Items

Fruits and Veggies

Blueberries, fresh or frozen
Cantaloupe or honeydew
Pear
Lemons or lemon juice
Kiwi
Fresh or frozen strawberries
Fresh or frozen peaches
Apples
Tomatoes
Small sweet potato
Brussels sprouts or other green veggie of choice
Asparagus or other veggie of choice
Baking potato
Cauliflower or other veggie of choice
Garlic
Spinach, fresh or frozen
Avocados
Cucumbers
Red onion
Red or orange bell peppers
Broccoli, fresh or frozen
Dark salad greens, such as romaine or baby spinach
Alfalfa or bean sprouts

Dry Goods and Nuts

Raw cashews
Frozen edamame or roasted soy nuts
Almonds, raw and unsalted is best
Pine nuts
Chopped walnuts
Flax seeds – ground is preferable
Slivered almonds
Pistachio nuts
Peanut butter or almond butter (all natural is best)
Slow cooking or steel cut oatmeal
Quinoa or brown rice
Barley



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Brown rice
Olive oil
Balsamic vinegar
Low-fat vinaigrette dressing
Whole grain waffles
Whole wheat (or gluten free) tortilla
6-inch Whole wheat (or gluten free) pita pockets
Whole wheat (or gluten free) bread
Brown rice cakes
Whole wheat (or gluten free) English muffins
Soy sauce
Teriyaki sauce
Low-fat mayonnaise
Dijon mustard
Green tea

Canned Goods

Kidney beans (or pinto or black beans)
Tuna fish packed in water
Black beans, canned
Black bean soup, canned

Dairy and Refrigerated Goods

Low fat cottage cheese
Eggs, look for Eggland’s best or other high omega-3 egg
Low fat plain yogurt or Kefir
Hummus
2% cheese
Low-fat string cheese

Meat, Poultry and Fish

Lean center cut pork chop
Flounder or cod or other white flaky fish
Scallops
Sliced deli turkey
Wild salmon filet
Ground white meat turkey or frozen soy based veggie burgers
Boneless skinless chicken breasts



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